

# canadian camping



## • LEADERSHIP •

Here are some thoughts on leadership stated by many who have been in or studied the role over a number of years. They are passed along, to help staff in determining their roles for the summer - to suggest topics of discussion during staff meetings - to give encouragement knowing that the problems we will face at camp are not new and have been successfully dealt with in the past. They are a kind of "win-nowed wisdom of leadership".....

"I do the very best I know how - the very best I can - and I mean to keep doing so until the end. If the end brings me out all right, what is said against me won't amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference."

- Abraham Lincoln

"The true counsellors defend their campers against their own personal influence. They inspire self-distrust. They guide their eager eyes from themselves to the spirit that inspires them. They will have no disciples."

- Amos Alcott

(continued on page 2 )



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SUITE 203, 102 EGLINTON AVENUE EAST • TORONTO, ONTARIO M4P 1E1  
TELEPHONE (416) 488-7345

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## LEADERSHIP

(continued from page 1)

"One person with a belief is equal to a force of ninety-nine who have only interest."

Anon.

"As the sanity of the individual lies in the continuity of his memories, So the sanity of the group lies in the continuity of its traditions."

Will and Ariel Durant

"I saw that it was not the race that made men different, but the quality of their souls."

from "A Many Splendoured Thing"

"Perseverance is more prevailing than violence; and many things which cannot be overcome when taken together, yield themselves up - when taken little by little."

Plutarch

"The true test of a civilization is, not the census, nor the size of cities, nor the crops - no, but the kind of people the country turns out."

Ralph Waldo Emerson

"As I would not be a slave, so I would not be a master. This expresses my idea of democracy. Whatever differs from this, to the extent of the difference, is no democracy."

Abraham Lincoln

"In the little world in which children have their existence, whosoever brings them up, there is nothing they so easily notice or so finely feel, as injustice."

Charles Dickens

"I hear many condemn these men because they were so few. When were the good and the brave ever in a majority?"

Henry David Thoreau

To become a counsellor is not hard -  
To be a counsellor, is."

Anon.

"Always do right,  
That will gratify some people,  
And astonish the rest."

Mark Twain

"The whole art of teaching is only the art of awakening the natural curiosity of young minds for the purpose of satisfying it afterwards."

Anatole France

"Genius is one percent inspiration and ninety-nine percent perspiration."

George Bernard Shaw

"There are moments when everything goes well: Don't be frightened. It won't last."

Jules Renard

"We can only pay our debt to the past by the future in debt to us."

John Buchan

"We should all be concerned about the future because we are going to have to spend the rest of our lives there."

Kettering

"Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men."

Lao Tzu

"The final test of a leader is that he leaves behind him in others, the conviction and will to carry on.... The GENIUS of a good leader is to leave behind him a situation which common sense, WITHOUT the grace of genius, can deal with successfully."

Walter Lippman



# TIPS

Check your food costs early in the season. If your costs are high you have to cut back by replacing some high food cost items with lower cost entrees i.e. Swiss Steak with scalloped beef, tomato and macaroni or spanish rice and/or cut back on the portion size of expensive items.

If you have over 120 campers and adequate range facilities a two choice menu with cafeteria service can save you about 4%, i.e. run spaghetti and steak or roast beef - and is more satisfying to the campers.

Hot cereal porridge and red river cost about 2.4¢ a serving while bulk corn flakes cost more and the individual boxes are costlier still.

Cook-out costs can go either way, watch the disposable cutlery, cups and plates

Receiving: Check off all the boxes and weigh the meats before you sign the delivery sheet. The truck drivers tell me the camps are more lax than the resorts, so who do you think gets short deliveries? The ones who seldom check.

The vegetables from the green grocery, don't accept inferior products just to be nice. If he can pass them off and get paid for them as well, he's doing twice as well.

If you have a vegetable peeler, check the potatoes before peeling and after. Three or four minutes longer in the peeler saves 15 minutes eyeing but

there is a significant amount of waste.

Locks on the walk-in refrigerator door can save a lot of extra items that disappear during the night.

Spot check the number of empty and full milk jugs just before the milkman comes. Then check his delivery to see if it balances.

Watch over production of food, it can cost you 10% extra on your food cost. Record amount you produce and how much is over or when it ran out.

Dave Darker

....AND MORE TIPS....

Are your brooms wearing out? Drill a hole and make a loop in the handle so that it can hang up rather than stand in the corner.

You can prevent musty odours in suitcases by keeping some unwrapped bars of soap in them.

To cope with the familiar film of scum or "skin" that forms on the top of milk or cocoa when it boils, don't skim it off, rather beat it into the beverage with a beater or spoon. In this way you will save nutritious milk solids and minerals.

When any kind of wax - candle, crayon, paraffin - comes in contact with linens, rugs, furniture, wallpaper, etc. it can be easily removed by placing a brown paper bag over the spot and applying a hot iron (use discretion re heat of iron).

# STORMS AHEAD

Lightning is the one sure hazard we face every summer. Some counsellors and many campers dread it to the core of the heart. Fear of storms keeps most of us under cover each time the heavens open, for we know that "but for the Grace of God" a strike could hit our own particular area, and often does not too far away. Damage to the total of millions of dollars is caused every year by lightning, damage which can seldom be prevented or controlled.

Scores of people are lulled into complacency in believing that lightning never strikes twice in the same place. Let's be sensible. It is dangerous to believe in such a fallacy. High trees and buildings, even low trees on hilltops have been struck over and over again. We know of a tall poplar standing beside a building in a certain area which has been struck twice to our knowledge, claiming a victim on one occasion.

Safety measures exist, to be sure, and they should be scrupulously observed by directors and staff through to the campers, for there is far too little concern and much gay abandon in running outside during the awesome phenomena.

Campers and staff should remain inside buildings as soon as a storm breaks, and remain inside until it has passed over.

To those outdoors and on land: lie flat on the ground and forget the soaking. This is always the safest place. NEVER seek shelter under a tree. Trees are natural targets for lightning bolts and have been known to explode trees through heat and pressure of the current. Remember that the main bolt and its streamers can electrocute.

To those on the water: be overly alert to approaching storms. Don't take chances. Head for shore so that you can land quickly if necessary. Water is a natural conductor of electricity. Get out and get off ....On The Double!

To those in buildings: go to the lowest part of the building, a basement if there is one. Stay away from open doors and windows. Close them. You can open them again soon. Storms do not last for a long time. Avoid the telephone, also lamps and any electrical equipment, as well as water taps. Stop all dishwashing, showers or baths during a storm. Don't stand in water while the storm is on unless

(continued on page 5 )

you are in rubber-soled shoes or rubber boots.

Should you be in a car, the camp truck or station wagon when the storm breaks, pull over to side of the road and wait it out..... but NOT on the top of a hill, or you will turn into an excellent target. Often lightning can be so bright that it causes temporary blindness and could cause you an accident. A car is the safest place in a storm. Its steel acts as a conductor to the wheels thence to the ground which lightning always seeks. Again we remind you: Don't park under a tall tree, or a single tree of any height.

What to do in case of electrocution? Remove the victim from the source of accident and apply Mouth to Mouth resuscitation immediately. Give first aid treatment for electrical shock without interrupting the Mouth to Mouth which should be continued whether or not there are signs of life. Keep the victim covered and warm. Send for help and a doctor at once and keep calm.

Perhaps our greatest responsibility to campers is to eliminate fear of storms by creating great respect for them. Our emphasis on the above safety measures cannot be out to them too strongly. Such measures should be basic rules of any camping procedure, particularly on out-trips. True, the wild beauty and fascination of storms is something to appreciate..... at a safe distance and from a safe vantage point.

With very young campers, during the day, have a quickly organized and exciting indoor game programme on tap. If these young ones are awake in the night time, as they usually are, get them singing songs.... the louder the better to out-sound the storm. They like the excitement of sitting in a circle on the cabin floor. Lead them in the noisiest and most active songs or games. Help them appreciate the storm, but keep away from the conversational topic of fear. Try to reassure them, though you may not like this kind of outdoor contest of the elements yourself.

From time to time, upsetting fatal accidents have taken place in camping situations. Loss of young lives could have been avoided in each case with serious training and forethought. At the beginning of the camp year, a discussion of these safety procedures could be one more step toward a happy and safe summer.



# HIKING...my feet!

If you can solemnly swear you've never, ever exclaimed, "My feet are killing me", you don't need to read this. But, if you can't and you're a person who likes to hike, perhaps you'd better keep on reading. And, as your feet are going to be your means of transportation, it might be well to ponder how you can ensure that they will serve you well. Here, then, are some hints on foot care which we have just come across.



If your feet have been giving you any persistent discomfort, you should get medical advice. If not, you can concentrate on some conditioning that will strengthen your foot and ankle muscles and toughen the skin.

**Exercising** your feet can be done in odd moments and, as this generally involves the toes, slip off your shoes and relax. A good basic exercise is picking up a pencil with the toes; try it 20 times with each foot. Another one - sit in a chair, legs straight out; squeeze toes under tightly and bend ankles so that feet point toward body as far as possible. Then bend feet away from body, still keeping toes curled tightly. Repeat ten times.

While standing, twist feet so that heels are turned out, toes in: press toes down as hard as possible. This arch strengthening exercise is also helpful; stand with toes extended over the edge of a thick book or step and bend toes down as far as possible. Practice walking with toes straight ahead and make them grip the floor with each pace. Rise slowly on tiptoes, thrusting weight on to toes.

Skin toughening is a precaution against blisters. Frequent massages with rubbing alcohol or salt or epsom salts bathing will help feet resist the abrasive action

(continued on page 7 )

of long distance walking.

And when you're actually on the hike there are some things you can do for your feet, too. Frequent short rests are more beneficial than fewer long stops. Relax with the feet propped higher than the body. If possible bathe your feet in a cool, clear stream to massage with alcohol and apply any good foot powder, such a "British Army Foot Powder". Ease off the boot laces during a halt and at mid-day change to a fresh pair of socks. Or air out the socks you have been wearing, turn them inside out and switch them to opposite feet. Change socks every day.

Any "hot" or sensitive skin areas should be treated with antiseptic ointment and protected from further chaffing with adhesive tape or gauze bandages. Blisters should not be given any "do it yourself" treatment. Take every precaution to avoid having them but if a blister develops do consult the camp doctor immediately. This will eliminate the likelihood of any distressing and inconvenient infection.

Be sure that all your footwear - socks and shoes - are in good condition and adequate for the conditions likely to be met on the trail. The sock combination found most effective by outdoorsmen is a good-quality fine knit wool and cotton sock fitting snugly nest to the skin; over this goes a good quality all eool sock coarse knit to provide a cushion. The theory is that the cotton will absorb perspiration and resilient wool will create a pumping action for air circulation.

Sensible demands from your feet eill make them "last longer and finish stronger" Toughen up gradually. Take it easy in the beginning days of walking or hiking or hitting the trail. But don't loaf all the way. By forcing yourself to the limit in easy stages, your speed and endurance will improve and your enjoyment will increase.

And good hiking to you all!

The streets are for the people.  
Exercise your rights!  
Take a walk.



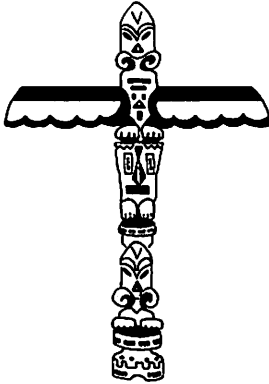
Beautify your neighbourhood.  
Get out on the street.  
Take a walk.



How does it feel to be out on the street?  
Find out. Take a walk.



# on the buses



by April Andrews  
Pioneer Day Camp

In setting up any organized busing program there are many important details and possible arrangements most of which are limited and determined by the various economic and administrative stipulations of each particular camp. What we shall refer to now is the common denominator which faces us all: We have a bus load of energetic, excited, and almost invariably loud campers.

## WHAT DO WE DO WITH THEM ? ? ?

### OBJECTIVES FOR DEVELOPING AN ON THE BUS PROGRAM:

1. The campers should have fun. Why wait until they get to camp before the fun begins?
2. An "on the bus" program may serve as excellent public relations. Many parents may interpret the situation they see on the bus as an indication and reflection of what goes on at camp.
3. Having the campers occupied in a activity can help maintain a fair level of order and control and may facilitate the maintenance of discipline.

### VARIABLES TO BE DEALT WITH:...

1. The number of children on the bus.
2. The age range of the children.
3. The number of counsellors per bus.
4. Methods of taking attendance.
5. The number of stops enroute.
6. Total duration of each trip.

### CONCERNS:

- Safety! The activities should keep the campers in their seats and the noise level controlled.
- Viability of materials use? Damage to bus property and the potential for any materials project to manifest itself as garbage are to be considered. If paper and pencil projects are called for, it is wise to transform these to paper and crayon tasks. In a moving vehicle the potential for injury from sharp objects is multiplied.
- Instructions to the campers must be brief, easily understood and easily repeated to each new boarding group.
- Games should have some feature of being additive as the number of children will increase as you approach camp. Games involving scenery treasure hunts or word completions should be scaled so that children boarding near the end of the route will have equal opportunity to fulfill the requirements of their task.

(continued on page 9 )



SOME PROGRAM IDEAS

Counsellors may help set the mood for the day, or the bus program by assuming a role or character identity. With some imagination he/she can transform the bus into some other magic vehicle in the mind of the camper.

To focus the attention outside of the bus there are various games utilizing license plate numbers, street signs and such paper and crayon tasks as Travelling Treasure Hunts where the camper completes the letters of a camp word with appropriate items in his view

To reinforce some camp skill the bus trip may provide an extension of some camp projects, such as bird or tree identification; examples of how people pollute or the breaking of safety rules by the public. Again if you feel comfortable with material utilization on the bus, a project for older campers might be to have them sketch the route pattern and direction of their bus ride as they travel along.

It may be advantageous at some time to make each stop the focal point rather than the interruption of the activities. A possibility here may be a paper hat pageant where each camper is instructed to make a wild paper hat and wear it the next day. Each new creation is examined and applauded as the campers board at each successive stop.

Whole group activities are still perhaps the greatest carriers and include singsongs clapping games and follow the leader.

It should be remembered that the choice to utilize materials on the bus implies that there be adequate supervision to avoid incidents of bus damage, paper out the windows etc. A bus clean-up squad is a must!

One possible problem is that a bus program every day of the week may be taxing on both campers and counsellors. Often campers utilize the bus trip to say good morning and talk. Also, counsellor imagination may not extend to fabulous innovation for every new day. The frequency of set bus programs then is another important consideration.

## — COMING EVENTS —

October 26-28, 1978	C.C.A. Board Meeting	St. John's, Newfoundland
January 24-28, 1979	C.C.A. Board Meeting	Banff, Alberta
February 19-24, 1979	A.C.A. International Conference	Minneapolis, Minn.
March 1-3, 1979	O.C.A. Annual Conference	Toronto, Ontario
May 10-13, 1979	C.C.A. Annual Meeting	Nova Scotia
November 1-3, 1979	C.C.A. Board Meeting	Saskatoon, Saskatchewan

Please send the dates of your meetings and conferences as soon as they are known, so that we can expand "Coming Events" in the next issue of "Canadian Camping" to include announcements of happenings in all the provincial associations.

# Using nature as your compass

by Mark Healy

For seven days, 17-year-old Michael Davis wandered aimlessly in the woods on Casper Mountain in east central Wyoming trying to find his way out. Luckily, a rescue worker discovered him, hungry, dehydrated, and 25 pounds lighter, 36 miles from the original campsite. Michael Davis' nightmare need not have happened if he had learned to use nature as his guide to find his direction.

The effect the wind and the sun have on the shape of trees can help determine direction. Winds cause trees to lean in the opposite direction from which they blow. Because the dominant wind in the United States is generally from the west, trees usually lean to the east. Trees felled by natural causes will usually lie in the direction opposite the prevailing wind. Wind can also retard the development of young shoots on the west side of a tree, while the shoots on the east side will have more abundant foliage.

The effect of the wind on the location of most animals' homes can also be a direction guide. Most animals, especially birds and insects, build their nests in protected positions away from the westward wind. Spiders, for instance, cannot lay their webs against the wind, but lay them protected from it.

## Reading the drifts

In the winter, the wind has a definite effect on snow drifts. The side of the drift that is opposite from the wind will have a steeper slope than the one on the windward side. Thus, with the prevailing wind blowing from the west, the steeper slope would be facing east.

Just as the wind retards growth on the westward side of a tree, sunlight enhances the development on the southern side. In the United States, the sun shines entirely on the south side of a tree. As a result, the southern branches tend to be more horizontal, while the northern branches tend to grow vertically to obtain more light. Also, there is a greater foliage on the south side of a tree.

Other helpful directional tips include the leaning of the trunks and tips of trees toward the south because they are attracted to the sun. The bark of most trees is usually thicker, duller, and darker on the north side of most trees.

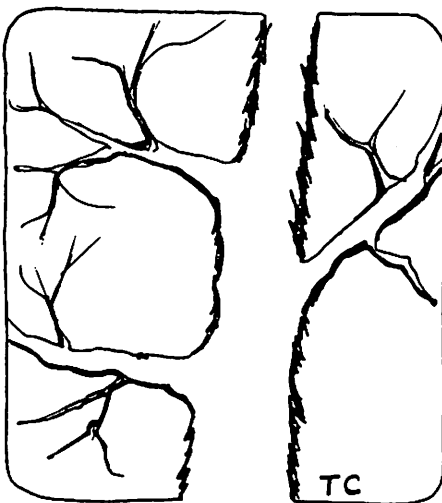
When using trees to find direction choose a tree growing in an exposed position. Also, be sure to examine more than one tree. Common trees found in the United States which can be used to find direction are the black and white poplars, the oak, beech, Corsican pine, and the maple.

## Sun signs

The effects the sun can have on the slopes of mountains can be a useful direction finder. The southern slope of a mountain receives the most direct rays of the sun. This produces temperatures which vary more on the southern slope than on the northern slope. Consequently, the southern slope will show evidence of faster erosion by frost, while the northern slope will be smoother and less eroded.

If the slopes of mountains are snow covered, the southern slopes which receive the most sunlight will naturally melt quicker than those tilted away from the sun. Rocks and trees on the slopes will leave "melt-shadows" where they have protected part of the snow from the sun's rays. These "melt-shadows" indicate the compass direction north.

Mountain ridges and valleys can be directional tools. In the eastern part of the United States, for example, the

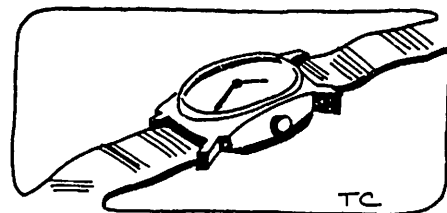


ridges and valleys are grouped in a more or less parallel series running in northeast-southeast direction. The observance of these ridges can help establish general orientation of direction.

The assumption that moss and lichens grow on the north side of trees is a dangerous generalization if other

factors are not considered. Moss and lichens thrive where they secure the most shade, and, even more important, where moisture is retained the longest. Because there is more shade and less evaporation on the north and northeast side of trees, moss and lichens generally grow on these sides.

One practical method used to find a desired direction is known as the "shadow-tip" method. Because the sun rises in the east and sets in the west, direction can be found by planting a straight stake in the ground and marking the spot where the top of the stake's shadow touches. After 10 minutes, mark the top of the stake's shadow again and draw a straight line through the two tips. This line designates the east-west line with west



being the first shadow point and east being the second. By drawing a line perpendicular to this line, north and south can be determined.

An accurately set watch can be utilized as a compass. Placed the watch flat and face up so that the hour hand points directly at the sun. South will be halfway between the hour hand and 12 on the watch dial. North will be in the opposite direction with east and west at right angles to this line. This method works any time the sun is visible.

## Star gazing

At night, the most reliable guide in finding direction is by the North Star. The North Star is located by spotting the Big Dipper. Although the Big Dipper changes in relation to the North Star, the two stars on the outer edge of the Dipper's cup point directly to the North Star. After finding the North Star, face it squarely. North will be directly ahead, south directly behind, east to the right, and west to the left. This method gives a fairly accurate direction finding because the North Star is never more than one degree away from true north.

In using these methods of observing and interpreting natural objects, remember that these are general guides in finding direction. Too much reliance should never be placed on any one observation since it could be an exception to the general rule. Analysis of the evidence will provide a reliable guide in finding direction in the wilderness. □

Reprinted from "Camping" the American Camping Association's Magazine - June 1978

# CAMPING PUBLICATIONS

## Leadership Training

CAMP COUNSELLOR'S HANDBOOK *	Blackstock and Latimer (Hardcover \$7.95) Paper	\$4.95
THE CAMP COUNSELLOR'S BOOK *	Northway and Lowes	1.95
CAMP COUNSELLOR'S MANUAL	Ledlie and Holbein	2.25

## Camp Management

A CAMP DIRECTOR TRAINS HIS OWN STAFF	Hammett	.75
CAMP STAFF JOB DESCRIPTIONS	American Camping Association	.50
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THE NURSE AND THE HEALTH PROGRAM AT CAMP *	Mary Casey B.Sc.N.	2.00
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# • DOCKS •

## DOCKS

### PAINTING

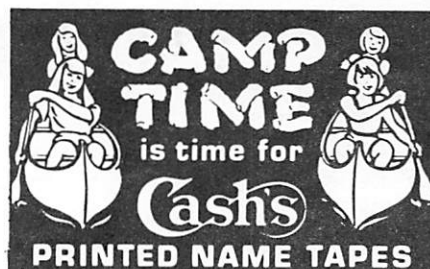
If you want to help prevent slipping on docks sprinkle a little sand on it after you have painted. This will provide a "non-skid" surface.

### STAINING

This is often preferable to painting as paint tends to trap water and increase the rate of deterioration. Just stain the surface. Most of what you are doing is cosmetic anyway.

### NAILS

Put nails in on an angle. This usually makes for a longer lasting dock and prevents a lot of accidents to campers' feet. Check docks for loose nails very frequently.



ALL CAMPERS' CLOTHING AND BELONGINGS should be marked for easy identification—losses are costly.

CAMP LINEN AND EQUIPMENT, TOO, should be marked to avoid confusion and loss.

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